

Chicken&Noodles50

Number of Servings: 50 (186.33 g per serving)

Preparation Time: StartDayBefore

Cook Time:

Cook Temperature:

Pan Size:

Cook Method:

Amount	Measure	Ingredient
3 1/2	lb	Pasta, egg, enrich, dry
14.00	Tbs	Margarine, soft, safflower oil
14.00	Tbs	Onion, white, fresh, chpd
2 1/4	cup	Flour, all purpose, white, bleached, enrich
6 1/2	lb	Chicken, broiler/fryer, whole, w/o skin, stwd
5.00	oz	Base, chicken, w/o msg, low sod, FS
4 1/4	qt	Water, tap, municipal

Nutrients per serving

Nutrition Facts	
Serving Size (186g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 160mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 22g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Cook meat in saltfree water (to form broth so it does not need to be purchased) THE DAY BEFORE, until tender. Drain off liquid and COOL meat and liquid (Broth) down separately (in ice bath) and refrigerate in shallow pans. Before using skim off and discard any fat that may have formed on the liquid.

Cook noodles in boiling water until ala dente (still slightly firm, not cooked soft).

Melt margarine in large kettle. Add onions and saute until tender. Add flour to onions. Stir until blended. Cook 5 minutes.

Add the amount of liquid (broth) from stewed chicken called for in recipe plus the low sodium chicken base, stirring constantly with wire whip.

Cook until thickened. Combine chicken, cooked noodles and sauce. Pour into counter pan(s). Bake at 350 degrees F for 30 minutes or until internal temperature reaches 180 degrees F.

1+ c. = 1 serving = 2+ oz meat + 2 grain servings

Serve 1+ cup with slightly rounded 8 oz ladle

29 g CHO = 2 Carb Servings

Notes

~2# AP (raw) whole chicken = ~1# cooked stewed, cooked chicken without skin, fat and bones

1# cooked chicken cubed = ~ 3 cups

Simmer chicken in saltfree water (to form broth so it doesn't need to be purchased), THE DAY BEFORE, until tender.

Drain off liquid (Broth) and COOL meat and liquid separately (in ice bath) and refrigerate in shallow pans. Before using skim off and discard any fat that may have formed on the Broth.